



**INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA**

INDIAN YOUTH PROGRAMS



IHCRC Youth Programs

- **Physical Education program at Addams Elementary**
- **After school programs at Addams & Allen Bowden schools**
- **Cooking classes**
- **Camp Fire Community Family Club**
- **Youth diabetes/CVD screening**
- **Youth Prevention program – dietitians**
- **Summer Camps**

 **All programs funded through federal & state grants & contracts**

Goals of Youth Program

- **Promote healthy growth and development of Indian youth**
- **Teach diabetes & CVD prevention to kids & families**
- **Strengthen character and leadership skills**
- **Provide life skills guidance and cultural enrichment activities**



Physical Education Program

- **Addams Elementary - southwest Tulsa, highest Indian enrollment**
- **Funded by Oklahoma REACH 2010 grant - a collaboration of Oklahoma State Department of Health, 8 tribes & IHCR**
- **Previously no physical education program**
- **Grant provides teacher & all equipment**
- **Fitnessgram testing done fall & spring**



After School Program

- **Two sites – Addams Elementary & Allen Bowden**
- **Located about 2 miles apart**
- **Low income areas**
- **Latch key kids**
- **Serve about 40 youth at each site**
- **Monday – Friday,
3:00 – 5:30 during
school year**
- **CATCH curriculum –
“Coordinated Approach
to Child Health”**
- **Healthy snacks**
- **Homework help**
- **Spring garden**
- **Traditional Indian games**



Cooking Class

Healthy snack & meal ideas that kids & families enjoy!

Held during out-of-school times

Kids enjoy sampling the foods they helped grow in the garden at Addams Elementary School.



Camp Fire Community Family Club

- **Partnership with
Green Country
Camp Fire USA**
- **Family skill building**
- **Teach nutrition &
fitness**
- **Physical activity
opportunities**
- **Amazing Race
“Family Style”**



Youth Diabetes & CVD Screening

- **IHS CYP grant**
- **Screening for youth with BMI \geq 85th %tile**
- **Labs for lipids, C-peptide**
- **Family history**
- **40-question survey of lifestyle habits - activity levels, hours of screen time, breastfed, age of solid foods introduced, etc.**
- **Preliminary results:**
 - **Approximately 25% of kids have lipid problems**
 - **One diagnosed with DM2**
 - **Two with insulin resistance**

Screening program has provided chance for early identification & intervention for youth & families.

Youth Prevention Program – Dietitians

- **All youth from screening program are referred to youth & family dietitians**
- **Dietitians counsel with youth and with parents, and together, as needed, to implement healthier lifestyles for families**
- **Provide referrals to other youth programs for physical activity**

Summer Camps

- Healthy Trails – 3 one-week sessions, with 30 – 40 children each session. Involves physical activities, **CATCH** curriculum, nutrition lessons, diabetes prevention lessons, and vegetable gardening. Healthy breakfast & lunch provided.
- Sports and Recreation Camp – 2 one-week sessions, with 30 – 40 children each session. Children learn basic skills for 8 – 10 sports activities. Learning sessions for diabetes & healthy nutrition choices. Healthy breakfast & lunch provided.
- Basketball Camp – 1 one-week session, with 40 youth participating. Youth also have healthy snacks & nutrition lessons.



Summer Camps



Wellness Adventures - 4 one-week sessions, with 40 – 50 youth in each session. Held at the Tulsa Public Schools HelmZar Challenge Course. Experiential learning activities and the low & high elements of the Challenge Course provide an exciting way for kids to learn. The focus of learning is diabetes prevention, nutrition, & fitness.

Choices – 2 one-week sessions, with 30 – 40 youth in each session. Held at the Tulsa Public Schools HelmZar Challenge Course. This camp is specifically for children who are overweight, and need assistance with making healthier choices. Diabetes prevention, nutrition, weight loss, and increasing physical activities are taught through experiential learning.





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